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TIMELINE = TRANSFIGURATION

by Allison Moore

As the managing editor for a New York City company that develops medical record software, Allison Moore is responsible (in theory) for anything having to do with words. She writes everything from help systems to marketing materials, and publishes most of it in-house. Growing up with a minister father who was involved in psychic research, Allison was always aware that there was more to being than the physical universe. Ordained in the meditation tradition she's practiced for thirty years, Allison has explored metaphysical tools throughout her life and was one of the original GATEWAY OUTREACH Trainers.

Every program I've done at The Monroe Institute® has been wonderful. That's what we all say, and we all say it because it's true.

I did my first *GATEWAY VOYAGE*® twenty years ago, and every program since has been fun, surprising, enlightening, expanding, enriching, button pushing, growth producing, and deeply felt. Each one took me somewhere I didn't know it was possible to go. Each one taught me something about who I am. Each one opened another crack in the wall between me and wholeness. Each one was a unique and powerful experience.

Then I did *TIMELINE*.

Oh, mama!

I thought I'd had powerful experiences before. In *TIMELINE*, I didn't just stick my finger in the wall socket. I stuck it in the generator. (That laughter in the background is the rest of my group cracking up as they read this. "Power" was my word for the week. They heard it so much, they probably wished I would move on to enlightenment or world peace instead.)

TIMELINE was an order of magnitude beyond every other TMI program I've ever done. I don't say that lightly. Every program has been and still is very important to me, and I look forward to doing them again. I recognize that I got what I did from *TIMELINE* because of what I'd learned over the last two years from *LIFELINE*®, *HEARTLINE*®, and the *REMOTE VIEWING PRACTICUM*. They laid the conduit, made the connections, and installed the junction boxes. Then *TIMELINE* flipped the switch.

It built on the reintegration of self from *LIFELINE*. It expanded the healing and acceptance of *HEARTLINE*. It took the exploration of time from the *REMOTE VIEWING PRACTICUM* to a

whole new level. It offered new avenues to guidance, opening doors unveiled in *GUIDELINES*®—all without going beyond Focus 15.

In *LIFELINE*, the trainers said that the mere passage of a conscious human through Focus 23 could awaken souls that were “stuck” there, that there was something about our energy that could make us uniquely effective in retrievals. Bob Monroe talked about why souls want to incarnate, what they achieve in doing so. During *TIMELINE*, in Focus 15, I got a taste of what Bob and the *LIFELINE* trainers meant. It’s the core, the pure essence of human existence. It’s who you become when you stop depending on answers and start living the questions.

TIMELINE encouraged us to explore the powerful stillness of Focus 15, a place many of us have perceived as the Void—a great emptiness where nothing much happens. “Sublime stillness” might be a more accurate description. When you truly embrace the emptiness even for a heartbeat... well, each one’s experience is unique.

In *TIMELINE*, I passed another milestone in the journey toward accepting my experience as it is, rather than judging it against someone else’s. I began opening to receive information kinesthetically. That may be more challenging than receiving visually because it’s harder to talk about, but it may also lead to deeper experience. I learned more about grounding and how important it is when we want to work with higher energies.

And it wasn’t just me.

Every one of the twenty-one participants took the bounty that *TIMELINE* offered and ran with it. The energy shifts began early in the week and kept building. Shells cracked all over the place, some gently, some dramatically. We defined ourselves not as a group but as a tribe. And as a tribe within a tribe. We recognized that the whole encompasses all those in other programs—all those who have explored this territory before us, in parallel, in other times and places, and in times yet to come.

The experiences of power I was having were not about me alone. It was clear that everyone else was equally powerful, and our combined effort was off the charts. Our group included an unusually high number of healers, declared and undeclared. Perhaps their willingness to open to the energy amplified the currents that were both set in motion and ably grounded by facilitators Lee Stone and Charleene Nicely. Each participant functioned fully as a node on the grid, passing the energy through, clarifying, augmenting, and grounding as needed. A comment or suggestion from one often opened a gate for another. An issue confronted by two became a learning exercise for two more. And we laughed—a lot.

Adding to the ambience was the amazing lightSOURCE software, which displays a series of endlessly evolving designs based on sacred geometry in tandem with a Hemi-Sync® soundtrack. Several times during the week, lightSOURCE was projected on the large screen in

David Francis Hall. We could meditate on the mesmerizing kaleidoscope, or stand in front of the screen and bathe in the light. There is something unexpectedly poignant in seeing those images playing over and around a human form. Standing in the light was equally moving.

The exercises in *TIMELINE* include tools for identifying and clearing limiting beliefs, in this life and in other lives. Some exercises are about experiencing physical death and making transitions. (How else do you get from one life to another?) What did you learn from a given life? How has it enriched your being? Whether you approach other lives literally or figuratively, they provide an effective vehicle for expanding your perception and transforming your awareness of who you are.

TIMELINE is one powerful experience you do not want to miss.

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